



Boys Physical Screen										
Push-Up	2	4	6	10	14	18	24	30	32	40
Vertical Pull-Up				1	2	4	6	8	10	12
Horizontal Pull-Up	2	4	6	10	14	18	24	30	32	40
Vertical Jump (inches)	5	6	7	10	12	14	17	19	22	24
Seated Chest Press (feet.)	5	5	7	10	12	14	17	19	22	24
Sit-Up and Throw (feet.)	5	6	7	10	12	14	17	19	22	24
Single Leg Bridge (seconds)	20	30	40	60	80	100	120	140	160	180
Wall Sit (seconds)	20	30	40	60	80	100	120	140	160	180
Plank (seconds)	20	30	40	60	80	100	120	140	160	180
Prone Cobra (seconds)	20	30	40	60	80	100	120	140	160	180
Back Squat (% of BW)						0.5	0.8	1	1.2	1.5
Front Squat (% of BW)						0.3	0.4	0.6	0.8	1
Deadlift (% of BW)						0.6	0.8	1	1.2	1.5



Girls Physical Screen

Push-Up	2	4	6	9	14	18	24	26	30	35
Vertical Pull-Up				1	1	2	3	5	6	7
Horizontal Pull-Up	2	4	6	10	14	18	24	26	30	35
Vertical Jump (inches)	5	6	7	10	12	14	16	18	20	22
Seated Chest Press (feet)	5	6	7	10	12	14	16	18	20	22
Sit-Up and Throw (feet)	5	6	7	10	12	14	16	18	20	22
Single Leg Bridge (seconds)	20	30	40	60	80	100	120	140	160	180
Wall Sit (seconds)	20	30	40	60	80	100	120	140	160	180
Prone Cobra (seconds)	20	30	40	60	80	100	120	140	160	180
Plank (seconds)	20	30	40	60	80	100	120	140	160	180
Back Squat (% of BW)						0.4	0.6	0.8	1.0	1.5
Front Squat (% of BW)						0.3	0.4	0.6	0.8	1
Deadlift (% of BW)						0.6	0.8	1	1.2	1.5